

STICK WITH IT!

This cool sticker chart will help you encourage and track your kids' healthy behaviors, and help you both have a good time in the process. We recommend you put the stickers on the chart, although your kids might have a different opinion about that. That's why we've included plenty of stickers for you and your kids to play with, and they can all be printed out on pre-existing labels! So when your kids do something healthy, learn something new, or just have lots of fun, print this chart, take the stickers, **peel 'em and **stick 'em**. Have fun!**

These stickers can be printed on the template #8160 from Avery Labels, found in stores or online at www.avery.com

STICK TO YOUR GOALS!

**Keep track of all
your healthy foods
and activities!**



Alliance
for a
**Healthier
Generation**

American Heart
Association



MONDAY

/

TUESDAY

/

WEDNESDAY

/

THURSDAY

/

FRIDAY

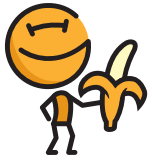
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SATURDAY

/

SUNDAY

/



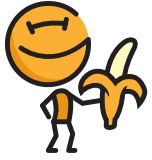
Today I ate
a healthy snack



Today I played



Today I watched
less television



Today I tried
a new fruit



Today I tried
a new sport



Today I rode
a scooter



Today I tried
a new
vegetable



Today I played
outside



Today I did
___ sit-ups



Today I helped
make a healthy
meal with my
family



Today I learned
something new



Today I went
skateboarding



Today I tried a
new healthy food



Today I ate a
healthy lunch



Today I swam
for ___ minutes



Today I danced
for ___ minutes



Today I tried new
healthy food



Today I played
soccer for ___
minutes



Today I did a
fun activity



Today I made
new friends
at lunch



Today I played
outside for ___
minutes



Today I drank
___ glasses
of water



Today I played
for ___ minutes



I went
swimming
today



Today I drank
more water and
less soda



Today I played
really hard and
had lots of fun



Today I
played on
the swing



Today I jumped
rope for
___ minutes



Today I
discovered a
new activity



Today I ate
dinner with
my family



**Today I ate
a healthy
dinner**



**Today I drank
___ glasses
of water**



Today I



Today I



**Today I played
for ___ minutes**



Today I



**Today I had
a relaxing
day**



**Today I played
outside for ___
minutes**



Today I



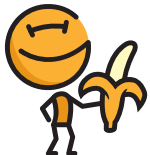
**Today I tried
something new**



**Today I learned
something new**



Today I



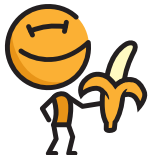
**Today I ate
a healthy snack**



**Today I ate
dinner with
my family**



Today I



**Today I tried
a new fruit**



Today I



Today I



**Today I tried
a new
vegetable**



Today I



Today I



**Today I tried a
new healthy food**



Today I



Today I



**Today I ate a
healthy lunch**



Today I



Today I



**Today I tried new
healthy food**



Today I



Today I
